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LOU BARLOW NEVER MEANT TO START A REVOLUTION {page 12}

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NICOLAUS CZARNECKI/METRO

Raisman brings home the gold

Needham's hometown hero captures individual gold medal in the floor exercises Greater Boston watches in awe as Aly becomes their golden girl {pages 02, 19}

▶ Dozens of local gymnasts at Raisman's former gym in Newton watched Raisman go for the gold yesterday.

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Golden Girl Raisman

- Students at Olympian's former gym watch her capture individual gold
- Meanwhile, Needham native has captured the hearts of Greater Boston

NICOLAUS CZARNECKI/METRO

▶ Support for Raisman wasn't hard to find in her hometown of Needham yesterday.

Dozens of little girls decked out in brightly colored leotards huddled together on the floor mats at Exxcel Gymnastics and Climbing in Newton yesterday, sharing big smiles and lots of love for their hometown hero, Aly Raisman of Needham.

The girls watched a giant projection of Raisman, who trained at the gym years ago, as she competed in the individual floor competition at the London 2012 Olympics, and nailed it, nabbing a gold medal with a score of 15.6.

"She was really good; awesome, actually. It's the best she's ever done," said 9-year-old Bella Valente.

When asked what it feels like to train in the same gym as a gold medalist, 8-year-old Emily Schoen said, "It makes me feel like a mini-Olympian."

"It inspires me to work harder. I want to be in the Olympics," chimed in Olivia Shih.

As Raisman stood at the top of the triad, medal in one hand and the other hand on heart, Exxcel coach Tatiana Kamarskaya teared up a bit. She coached Raisman during her pre-teen years.

▶ Raisman

Quoted

"It's crazy. It's kind of like if she can do it, we can do it too."

9-YEAR-OLD GYMNAST CAROLINE CROMWELL

"It's amazing. It feels like anybody can do it. She was one of those kids," Kamarskaya said, motioning to the throng of excited 8-year-olds nearby.

"She was one of many, and you would never tell that she would end up in the Olympics, but you always believe in every single kid, but you never know ... What I remember about Aly was her unbelievable strength — she was very strong."

Laura Fields, another coach at Exxcel, said Raisman's triumph translates to a lot of inspiration to her gymnastics students.

"They're all standing up and screaming, and jumping. For them to see someone who went to this gym, then went for her dreams and won gold, it's so inspiring to the kids. They will probably be extra motivated at practice, so it's good for us coaches too."

A few miles away, in Raisman's hometown of Needham, Mark Slade stood in front of Town Hall to photograph a banner congratulating her on leading the U.S. team to victory last week.

"I saw her practice at the high school," said Slade, who works at Needham High. "She's pretty phenomenal and she's got a good head on her shoulders. She's very down to earth. A lot of this exposure she's going through maybe it's not her, because she's very 'behind the scenes."

"The town is definitely behind her."

Strolling around downtown Needham, that point is obvious.

At Taylor's Stationary, balloons and signs outside the store encouraged and congratulated Raisman, and further down the road, a window mural of Raisman adorns the window of Sudbury Farms supermarket.

"I am sure there will definitely be some kind of celebration when she gets home," said Corina Adriescu, a friend of Raisman since the sixth grade. "It is so weird to see her on (TV). She seems exactly the same."

Golden goodies

Until Monday, Sudbury Farms Supermarket in Needham was selling $10 "Aly Raisman Cookies" that had a sugar-scan of the Olympian's face.

Bakery employees said the oversized treats were in high demand, but they had to stop making the cookies after complaints that Raisman's photo was taken from the front page of The Improper Bostonian.

History of a hero

- Raisman trained at Exxcel Gymnastics and Climbing in Newton from 1999 to 2004.
- One of her coaches there, Tatiana Kamarskaya, said Raisman's "unbelievable strength" stood out the most.
- Some of the young gymnasts at Exxcel said they met Raisman once when she visited them at the gym. The girls said they hope Raisman will stop by again.

MORGAN ROUSSEAU
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1

In the news

2018

Massachusetts Gov. Deval Patrick signed a bill yesterday aimed at settling a dispute over whether automakers should have to provide independent repair shops and vehicle owners with software needed to diagnose car trouble. Now, automakers have until 2018 to satisfy a requirement that all new vehicles provide easy access to onboard diagnostic and repair information. METRO

Today's local tweet

"I know the #MBTA is cash-strapped, but can we pull the entertainment rights for dudes who set up a karaoke machine and dance poorly? Please?"

@DERJUE ON T ENTERTAINMENT

▶ Time to weigh in

Suffolk Downs to hold traffic meeting

BOSTON. Suffolk Downs, which hopes to build a $1 billion resort casino on its property in East Boston and Revere, announced yesterday that it will hold two community meetings later this month to talk with residents about transportation issues. Track officials have proposed a $40 million investment in regional and local roads. The meeting for East Boston residents will be held at 6 p.m. Aug. 23 at the Topsider Room in the clubhouse at Suffolk Downs. METRO

Still no charges in fire death

BOSTON. A Brighton man was held on $100,000 bail yesterday for allegedly setting a fire in an apartment where crews later found a woman's body. Huan Yuan Li, 55, pleaded not guilty.

He is charged with setting the fire inside the Fidelis Way apartment last week and then lunging at firefighters with a pair of scissors as they tried to put it out. Charges have yet to be filed regarding the woman's body. METRO

Police investigating destruction of corn maze

PLYMPTON. Police are investigating the destruction of a corn maze that a couple said they spent thousands of dollars on to bring tourism to the sleepy town, according to the Patriot Ledger.

Vandals also egged farm vehicles and a delivery truck.

The maze was set to open for the first time in September. METRO

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Your ideas can help Hub win $5M

BOSTON. Mayor Thomas Menino is tapping the city's innovative and creative types to help the Hub win $5 million.

Menino, saying that the city's residents, business owners and university scholars "have great ideas for how to improve the city," is asking for bold ideas that the city can consider for submission to the Bloomberg Philanthropies' Mayor's Challenge.

According to Menino's office, officials are interested in ideas that can increase access to technology, expand affordable energy solutions, provide for Boston's growing senior population or support the diversity of languages spoken in the Hub.

Share ideas at www.cityofboston.gov/mayor/challenge_ideas.asp. Submissions are due Aug. 20. METRO

Sleeping. Busted

▶ This photo, taken at the Revere stop, was sent to WCVB-TV.

HUB1007

Another T worker asleep on the job

Another MBTA employee was snapped sleeping on the job Saturday, making a trio of snoozers since May. The Blue Line worker, who was not identified, was suspended for three days without pay, a T spokesman said. The man is an inspector who has been with the agency for more than 8 years. METRO

Ex-BU hockey star admits to groping RA

Adviser told Trivino to quiet down ◐ He followed her to room and groped her ◐ Gets sentenced to probation

A former Boston University hockey standout pleaded guilty yesterday to groping his resident adviser in a dorm last year.

Corey Trivino, 22, pleaded guilty to two counts of assault and battery and one count of trespassing during a hearing at Brighton District Court, according to the Suffolk district attorney's office.

A judge agreed with the prosecutor's recommended sentence of two years probation. The conditions of his sentence include that he must remain alcohol-free, submit to random urine testing, attending weekly Alcoholics Anonymous meetings, undergo a mental health evaluation and have no contact with the victim.

▶ Trivino in 2010

Prosecutors said that on Dec. 11, the 23-year-old resident adviser asked Trivino and others to quiet down because they were being boisterous during mandatory quiet hours.

"Testimony would have shown that Trivino walked back to the victim's room with her and groped her after she told him to leave. Trivino left, only to return a few minutes later," prosecutors said.

That's when the resident adviser opened her door and he assaulted her again. At one point Trivino sat down on the bed and said he was going to sleep there that night, according to prosecutors.

Trivino was kicked off of the hockey team after the allegations were made.

MICHAEL NAUGHTON
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Other charges

Earlier this year, prosecutors dropped one charge of assault with intent to rape facing Trivino. They said there was a lack of evidence.

Another hockey player was accused of sexual assault earlier this year, but prosecutors later dropped those charges after a lack of evidence.

However, the accusations prompted the university to form a task force to examine the hockey culture on campus.

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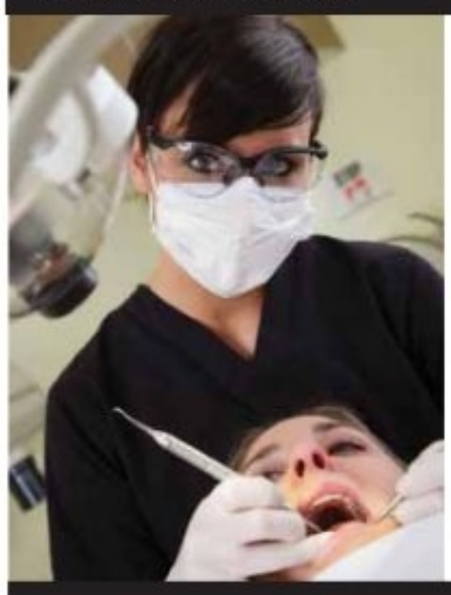

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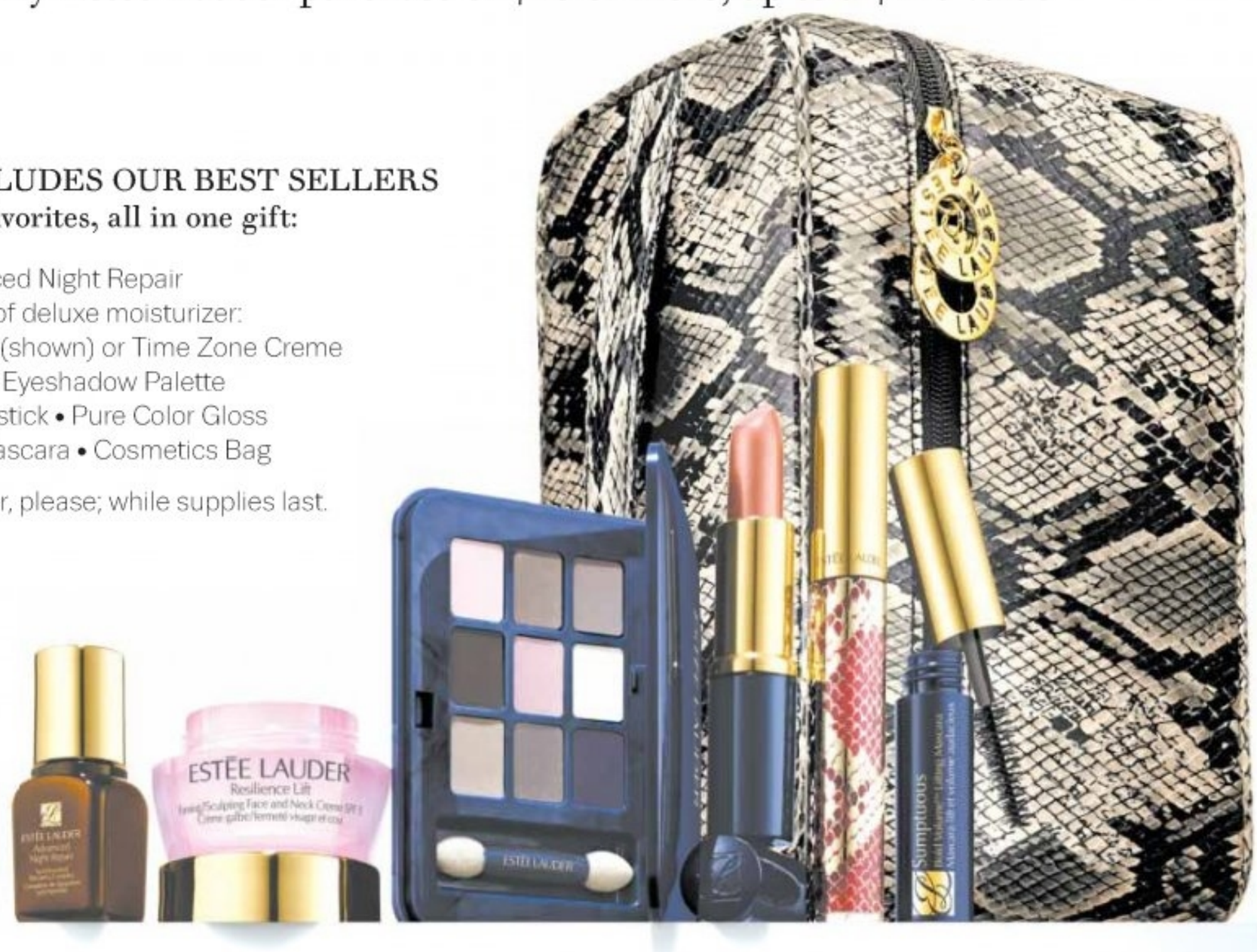

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‘America’s Most Wanted’ joins hunt for Army veteran’s killer

- Killing of Revere vet featured on national show
- Segment includes video of incident from passerby

The hunt for a 23-year-old Salem man who allegedly gunned down an Army veteran after a night out in Boston has gained national attention.

The murder of Stephen Perez, 22, of Revere, was recently featured on “America’s Most Wanted.”

Perez, an Army sniper, was out with friends in the Theater District in April when he became involved in a fight and was fatally shot in the back.

Police have identified Peter Castillo as the gunman.

The 7-minute long segment begins with the show’s host John Walsh talking about Perez’s military background.

▶ Perez

Quoted

“It’s the most cowardice thing I’ve ever seen in my life.” SULLIVAN

“But tragically for this brave soldier, he’d soon find out that the battle zones of Afghanistan and Iraq would be much safer than his hometown streets of Boston,” Walsh said.

The segment includes an interview with Perez’s father and Boston police Sgt. Marc Sullivan.

Sullivan said Perez and his group of friends were heading home when a woman in a car said something to the group. The group said something back and the woman got out of the car and a fight broke out with other men in the car.

One of the men in the woman’s group called for help and that’s when authorities believe Castillo showed up with a gun.

While Perez was focusing on another man during the fight, Castillo allegedly shot him in the back.

“It’s the most cowardice thing I’ve ever seen in my life,” Sullivan said during the segment.

Perez later died at Tufts Medical Center.

Anyone with information can call 617-343-4470 or text “tip” to 27463 (crime).

MICHAEL NAUGHTON
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Suspect flees

Police identified and arrested others involved in the fight and shooting, but they believe Castillo fled Boston.

- Authorities believe Castillo fled to New York and then possibly to the Dominican Republic, where he has many ties.
- He could also be somewhere in the Caribbean.

In the news

▶ Cazeau

Fare jumper nabbed for drug warrants

MALDEN. Transit Police working a plainclothes detail at Malden Center Station arrested a Medford man Monday night for a slew of charges after the officers saw him allegedly jump a fare gate.

Kynly Cazeau, 25, of Medford, had two warrants out of Quincy for his arrest — one for distribution of a Class-B substance, and the other for breaking and entering, a T spokesman said.

Officers also allegedly found a glass pipe with cocaine residue on it.

He is set to be arraigned Tuesday in Roxbury District Court. METRO

Grant to fund two city-owned ferries

BOSTON. Mayor Thomas M. Menino announced yesterday that the city was awarded $1.28 million in federal grant money to buy two ferries.

The money comes from the Federal Highway Administration, and will connect ferry service between East Boston, South Boston, and Charlestown.

The terms of the grant requires that the city match the $1.28 million by 20 percent, or $320,000 for a total anticipated purchase price of $1.6 million.

The ferry service is projected to set sail in 2013. METRO

Adults with celiac disease needed for a research study

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Obama: Americans should search souls about gun violence

President Barack Obama said yesterday that mass killings like the shooting rampage at a Sikh temple in Wisconsin were occurring with "too much regularity" and should prompt soul-searching by all Americans, but he stopped short of calling for new gun-control laws.

"All of us are heartbroken by what happened," Obama told reporters at the White House a day after a gunman opened fire on Sikh worshippers preparing for religious services, killing six before he was shot dead by a police officer.

But when asked whether he would push for further gun-control measures in the wake of the shootings, Obama said only that he wanted to bring together leaders at all levels of American society to examine ways to curb gun violence.

KEVORK DJANSEZIAN/GETTY IMAGES

▶ A memorial in Aurora

Politically risky

Talk of reining in America's gun culture is considered politically risky for Obama, who is locked in a tight race against Republican challenger Mitt Romney for the November election.

That echoed his pledge last month in a speech in New Orleans to work broadly to "arrive at a consensus" on the contentious issue after a deadly Colorado shooting spree highlighted the problem in an election year.

But like his earlier comments, Obama offered no timetable or specifics for such discussions and did not call outright for tighter gun control laws. **REUTERS**

▶ Loughner

Loughner pleads guilty when found competent

Jared Lee Loughner pleaded guilty to killing six people and trying to assassinate U.S. Representative Gabrielle Giffords last year after being found mentally competent by a federal judge in Tucson, Ariz.

The former community college student previously pleaded not guilty to charges of murder and attempted murder related to the Jan. 8, 2011, shooting. **BLOOMBERG**

19 Loughner, 23, pleaded guilty to 19 counts and won't face the death penalty under his plea agreement.

News in brief

ABC reports Holmes doctor contacted cops before shooting

DENVER. The psychiatrist who treated James Holmes contacted a University of Colorado police officer to express concerns about Holmes' behavior several weeks before his alleged rampage, ABC News reported, citing unnamed sources.

The sources did not know what the officer approached by Dr. Lynne Fenton did with the information she passed along, ABC said in a report Monday on its website.

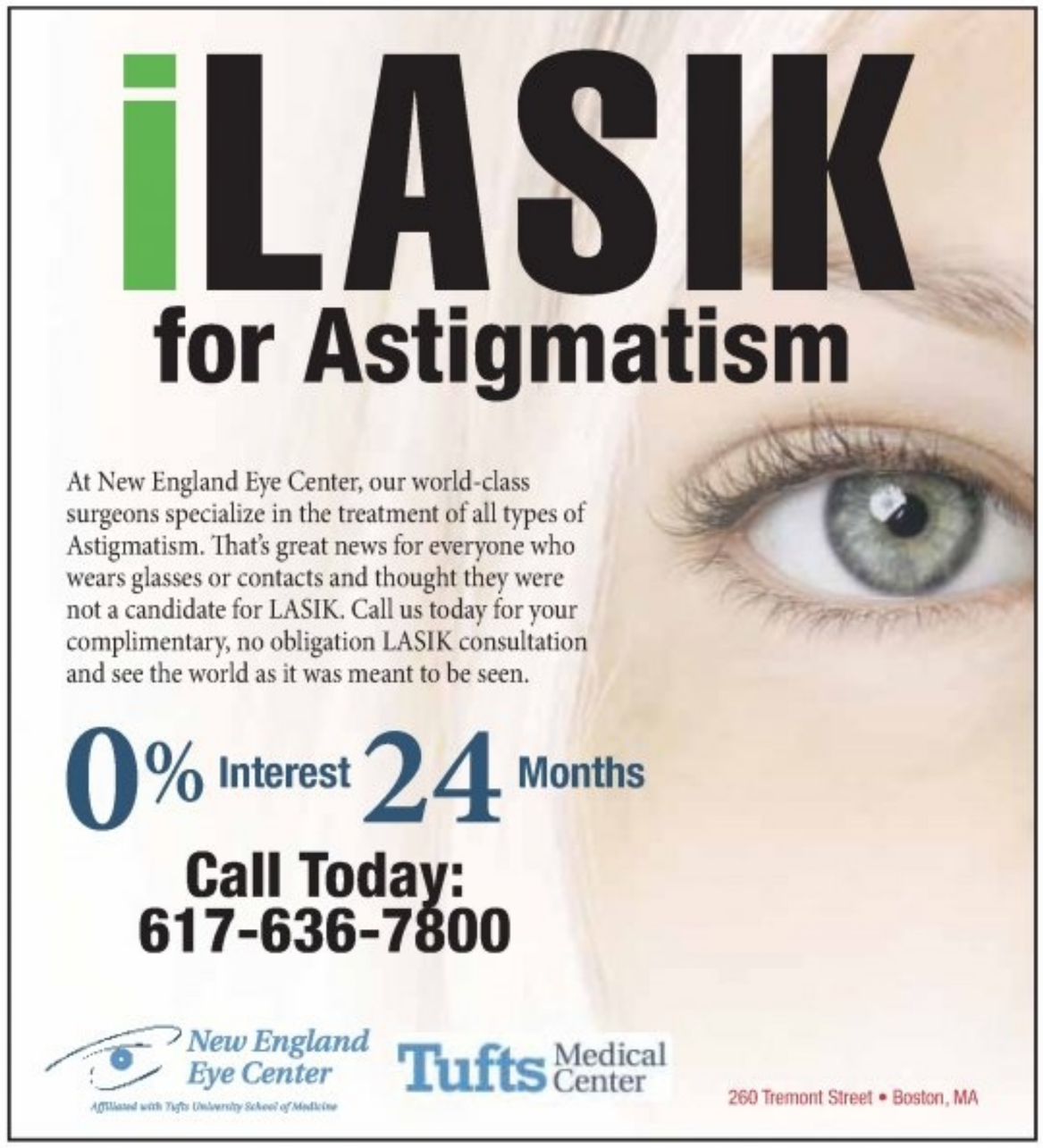
They said, however, that the officer was recently interviewed, with an attorney present, by the Aurora, Colo., police department as a part of the investigation. **REUTERS**

NRA asked for money days after Aurora massacre

DENVER. Three days after a gunman calling himself the Joker from the Batman series shot dead 12 people in a suburban Denver movie theater, the National Rifle Association sent out a letter asking for money.

"The future of your Second Amendment rights will be at stake," the letter said. "And nothing less than the future of our country and our freedom will be at stake."

The letter dated July 23, which was sent to NRA supporters including to people in Colorado, doesn't mention the gunfire during the showing of the new Batman movie July 20 in Aurora, Colo. **BLOOMBERG**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US nuns meet to decide how to respond to Vatican rebuke

ST. LOUIS. The largest group for American nuns begins a four-day meeting in St. Louis yesterday to consider a response to the Vatican's decision to assign effective control of the group to a trio of bishops because the nuns had strayed from church doctrine.

The Leadership Conference of Women Religious is conducting its first national assembly since church leadership accused the group of focusing too much on social-justice issues such as poverty and not enough opposing abortion, gay marriage and euthanasia.

The Vatican Congregation of the Doctrine of the Faith also criticized the group for remaining quiet as some nuns publicly challenged bishops on matters of church doctrine, including ordination of women and public policy. **REUTERS**

Newest iPhone will not include YouTube app

SAN FRANCISCO. Apple Inc.'s new version of its iPhone and iPad software will not include a pre-loaded app for Google's popular video website, YouTube, Apple said yesterday.

It was the latest sign of the growing rivalry between the technology companies that once were closely aligned but now are vying for supremacy in the fast-growing mobile computing market.

Earlier this year, Apple said it would dump Google's mapping software from its mobile devices.

"Apple and Google are the mobile operating systems for the future and this is where the battleground is going to lie," said Needham & Co analyst Kerry Rice.

"If it's going to be a two-horse race, you certainly don't want to give the other horse any kind of lead," he said. **REUTERS**

Standard Chartered questions motive of US regulator's Iran claims

A New York bank regulator's broadside against Standard Chartered bank, for allegedly hiding $250 billion in transactions tied to Iran left investors and the bank questioning the motive for the ambush, which wiped $17 billion off its value.

London-based Standard Chartered hit back at the New York State Department of Financial Services (DFS) threat to tear up its state banking license yesterday, dismissing the charge that it was a "rogue institution" that "schemed" with the Iranian government as a distortion of the facts.

Bank insiders were as shocked as investors by the ferocity of the DFS accusations over its involvement with Iran, which is subject to U.S. sanctions over its nuclear program.

Chief Executive Peter Sands scrambled back from his vacation as the bank held hastily convened conference calls to plan its defense and try to limit the damage caused to its reputation.

CHRIS BOURONCLE/AFP/GETTY IMAGES

▶ Standard Chartered Bank CEO Peter Sands

The U.S. agency said Standard Chartered hid 60,000 secret transactions with Iranian companies, to generate hundreds of millions of dollars in fees over nearly ten years.

One institutional investor, who asked not to be named, said: "Some of the language used is very disturbing. Of course, it could be that the Americans are exaggerating, but somehow that doesn't seem to be the case here," the investor said.

A fund manager for a major institutional shareholder in the bank, however, commented that "sensational language" used by the regulator "diminished" its allegations.

The bank, which has been in talks with U.S. authorities since early 2010 over the matter, had exposed the U.S. banking system to terrorists, drug traffickers and corrupt states, the DFS said.

Shares in the bank closed down 16.4 percent taking their losses to 24 percent since the news broke. **REUTERS**

Quoted

"Standard Chartered is the main news today. What we thought was a bank that had got away with no scandal, now got hit by what is possibly the worst of all."

IG INDEX MARKET ANALYST CHRIS BEAUCHAMP

$250B

New York's top bank regulator threatened to strip the lender of its state banking license, saying it hid $250 billion in transactions tied to Iran, in violation of U.S. law.

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THE WORD

Metro's **Monica Weymouth** shares her take on the world of gossip @monicaatmetro monica.weymouth@metro.us

ALL PHOTOS FROM GETTY IMAGES

Sorry, London: Posh doesn't come cheap

Forget the Opening Ceremony — the Spice Girls are reuniting for a performance at the Olympics' closing-night ceremony.

Unfortunately though, things don't always go smoothly when five former pop stars try to squeeze back into their platform sneakers. It seems **Victoria Beckham** — or, as we never stopped calling her, **Posh Spice** — has some wardrobe requirements.

"They are paying at least $15,000 for Victoria Beckham's hair, makeup and stylist. In comparison, the other Spice Girls cost one-fourth of what Victoria is costing," a source tells Hollyscoop of the Olympic preparations. "All of the diva stories about Victoria are true. This is p—ing off the other Spice Girls. They don't understand why she is getting special treatment."

Allow us to explain, ladies: It's because her name is Victoria Beckham, and she has closets bigger than some competing countries.

Beckham

Lochte crushing on Blake Lively

In other Olympic news that has nothing to do with the Olympics, **Ryan Lochte** has admitted to having a crush on actress **Blake Lively**, telling CNN's Piers Morgan that "she is gorgeous."

As for the pick-up line, he tells Morgan he has one ready: "I would be like, 'Hi. You want to go to an island with me?'"

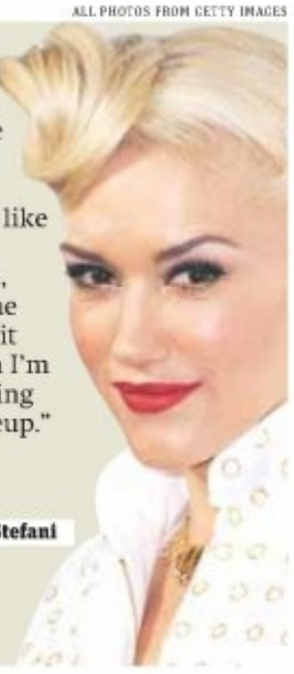
Yeah, Ryan buddy, maybe you should just stick to taking off your shirt.

Lively and Lochte

The magic's in the makeup

Gwen Stefani has always rocked a little **June Cleaver** along with her punky hair. Here is why your boyfriend/husband/cat would totally leave you for her tomorrow:

"I've always been a girl who loves to dress up," she tells Harper's Bazaar in the new issue. "I already put my makeup on twice today: I put it on to take my kid to school, and then I went home, washed my face and put it on again. I like to make my husband like me more, and he likes it when I'm wearing makeup."



Stefani

NBC responds to the Osbournes

Sharon Osbourne quit her gig as a judge on "America's Got Talent," claiming that NBC unfairly axed her son **Jack** from a new reality show, "Stars Earn Stripes," after his multiple sclerosis diagnosis.

NBC is delicately saying that this isn't quite true — it's more that he's just plain out of shape compared to the professional athletes, trainers and former boy band members (looking good, **Nick Lachey**!) who made the final cut.

"As a company that cares deeply about the health and safety of everyone on our shows — especially one like 'Stars Earn Stripes' that requires dangerous water stunts, strenuous physical activity and uses live ammunition — we required all potential participants to undergo medical vetting," NBC Chairman Bob Greenblatt explained in a statement.

Talking points

Nobody did it better

America lost one of its greatest contemporary composers earlier this week when **Marvin Hamlisch** died. Hamlisch was best known for composing the score of the musical "A Chorus Line" and for co-writing "Nobody Does It Better," the theme song from the James Bond film "The Spy Who Loved Me," which Carly Simon turned into a top 10 hit. Hamlisch's work stretched into all disciplines of entertainment, and he is one of only 11 people to complete what is known as an EGOT, meaning he won awards from the Emmys, Grammys, Oscars and Tonys.

Hamlisch

Robert Pattinson heads back to work

While he's reportedly been in seclusion at **Reese Witherspoon**'s Ojai, Calif., ranch since the revelation of girlfriend **Kristen Stewart**'s cheating, **Robert Pattinson** can't stay in hiding forever. Next week, in fact, he'll be on live TV, sitting down for an interview on Aug. 15 with "Good Morning America" to promote his new movie, "Cosmopolis," a rep for the film confirms to Us Weekly. Pattinson is also expected to walk the red carpet at the film's premiere two days earlier.

Brand opens up about addiction

Despite 10 years of being clean and sober, **Russell Brand** still knows the pull of addiction. In a scene from his upcoming BBC documentary on the subject, Brand watches footage of his younger self doing drugs and is surprised by his reaction. "This is when you know it's a disease. It doesn't matter that I was in that flat in Hackney and now I'm in the Savoy. I'm jealous of me then," he says, according to the Daily Mail. "It doesn't make a difference to me. The money, the fame, the power, the sex, the women — none of it. I'd rather be a drug addict."

Brand

The feed ...

Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

@NathanFillion
How's your handshake? You sure? Is it too hard? Do you pinch? People think they have it right, but don't. Seriously-check.

@Joan_Rivers
Ryan Lochte admits that he urinated in the water at the Olympics. Apparently he saw a sign that said "warm-up pool", so he did.

@kirstiealley
Ya just gotta love love..let's all OD on it... night y'all .. Love, from paradise

@SteveMartinToGo
Using tiny but powerful hotel hair dryer to jet me around room in St. Paul. Fun.

@SarahKSilverman
Learned what your "root" is in yoga and giggled all the way to the plank FOLKS

Nathan Fillion

myentertainment

Model athletes

We couldn't help but notice the tall blonde on Michael Phelps' gigantic arm at a party in London on Monday night. Not that he's the only pro athlete to step out with a model:

1. Meet model **Megan Rossee**, **Michael Phelps**' girlfriend of five months and a former college soccer player.

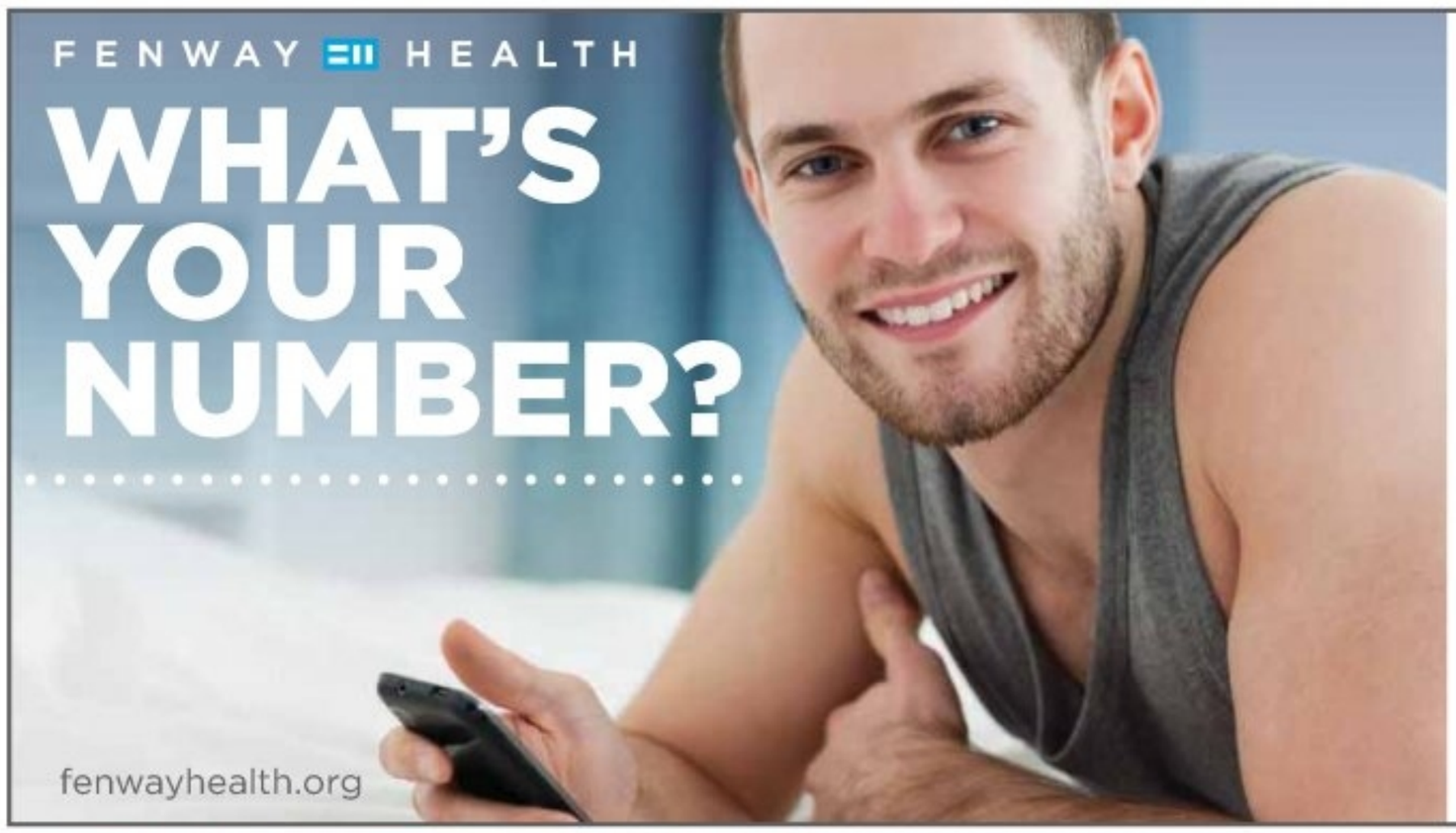
2. Sports Illustrated cover girl **Brooklyn Decker** is married to tennis pro **Andy Roddick**.

3. Tyra Banks dated former NBA star **Chris Webber** in 2002.

4. Gisele Bundchen and New England Patriots quarterback **Tom Brady** are reportedly expecting baby No. 2.

5. Tiger Woods was, once upon a time, married to Swedish model **Elin Nordegren**.

6. Victoria's Secret A-lister **Adriana Lima** is expecting her second child with Serbian professional basketball player **Marco Jaric.**



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Vacation essentials

Whether you're jetting off to Miami, hightailing it to the Hamptons or sunning at the Jersey Shore, here's what's coming with you

Dont forget to pack these

1. A cute and roomy tote to hold your hat, towel, Kindle, magazines, lotions, camera and more. **WILL Leather Goods carry all, $95, www.willleathergoods.com**

2. Besides enhancing your tan, Clarins' new bronzer protects your skin against pollution, free radicals and UV rays. **Clarins Bronzing Duo SPF 15, $34, www.clarinsusa.com**

3. Even more important than your smartphone. **L'Oréal Paris Sublime Sun sunscreen SPF 50+, $11, drugstores nationwide**

4. Malin + Goetz's new natural formula bug spray uses essential oils like rosemary, geranium and citronella to keep critters from messing with your tan. Also great for anyone with sensitive or irritated skin. **Malin + Goetz bug spray, $20, www.malinandgoetz.com**

5. Poppin' and protected. **Benefit Cosmetics Benetint lip balm SPF 15, $20, www.benefitcosmetics.com**

6. No time for that mani before your trip? This pack contains a nail color, 40 pre-soaked polish remover pads and a mini nail file. **Duality Cosmetics Nail Pak, $20, www.dualitycosmetics.com**

7. Bumble and bumble's best-selling Surf Spray now comes in a travel-sized bottle. **Bumble and bumble Surf Spray, $15, www.bumbleandbumble.com**

TINA CHADHA
tina.chadha@metro.us

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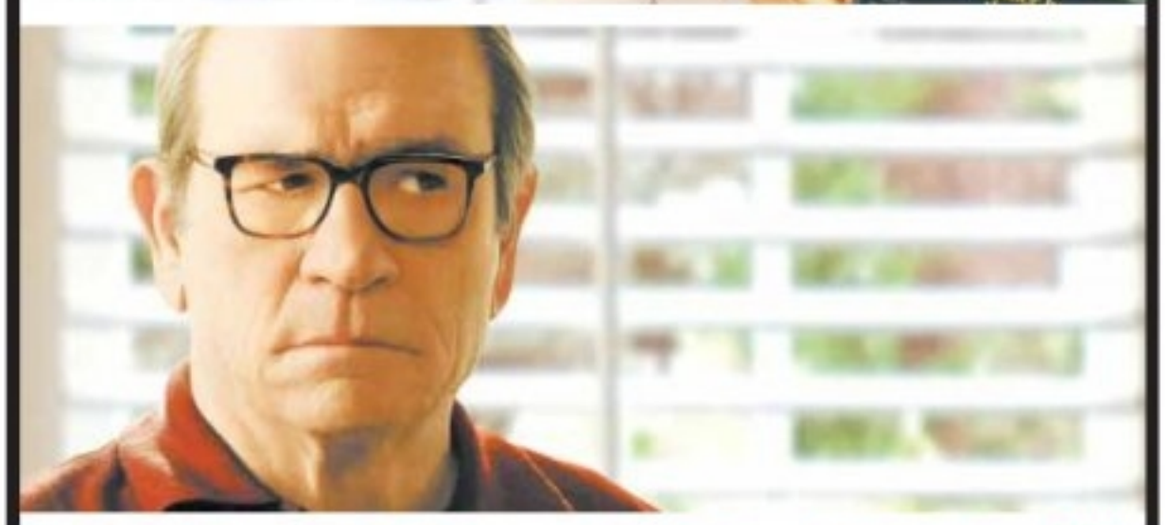
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TV watch list

'Here Comes Honey Boo Boo'

REALITY. "Toddlers & Tiaras" pageant queen Alana, aka Honey Boo Boo, shows off her self-described "redneck" family in this spinoff that visits the 6-year-old's roadkill-cooking clan in rural Georgia. **Series premiere, 10 p.m., TLC**

'Go On'

COMEDY. In a commercial-free sneak peek at NBC's new Matthew Perry-led sitcom, the former Friend gets a new kind of support group — a motley crew of grievers who help Perry's recently widowed sports-radio host come to terms with his loss. The comedy is actually much more upbeat than the premise might let on — particularly after the group gets ahold of some play swords and medieval costumes to blow off some steam. **Preview 11:05 p.m., NBC** AMBER RAY

MICHAEL CASWELL

'Just about making music'

Lou Barlow talks about the lo-fi revolution of the '90s and balancing time between Sebadoh and Dinosaur Jr.

Originally created as a side project to coincide with his work in Dinosaur Jr., Sebadoh quickly became Lou Barlow's main musical outlet after he was ousted from the band he helped create. After a notorious power struggle in songwriting with Dinosaur leader J. Mascis, Barlow began pursuing his more autonomous endeavors.

In contrast to the towering guitar-based rock band that Mascis and Dinosaur Jr. would become known for, Barlow and his work with Sebadoh soon led to a reputation as a pioneer of the lo-fi sound revolution.

Though at this point, he doesn't seek any credit for it.

"I guess I never thought too much about it," he says. "It was really just about making music. In the '80s and early '90s, going to a studio was a sure way to kill your music. Rock records in the '80s and '90s were horrendous-sounding to me. I just did what I did to keep it interesting for myself. Generally I wanted to keep it kind of crunchy and natural-sounding. I mean, we also literally recorded things on Walkmans. But to me that wasn't a radical statement."

Quoted

"In the '80s and early '90s, going to a studio was a sure way to kill your music." BARLOW

Barlow saw his most prolific decade of releases in the '90s. Besides Sebadoh releases, Barlow would go on to release records as Sentridoh (his solo acoustic project) and Folk Implosion, a better produced endeavor that gave him his first Top 40 hit, "Natural One."

If Sebadoh releases may seem sluggish in recent times, it could be due to Barlow's surprising reinstatement in Dinosaur Jr. as part of the recent reunion trend. But he says this has only helped Sebadoh.

"When Dinosaur got back together it sort of gave me the financial means to get Sebadoh back together," he says. "I was able to make a leap and make it happen for everybody. To be completely happy in Dinosaur, I have to be doing other stuff. ... If I'm doing other stuff, I'm perfectly happy doing Dinosaur."

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NOLAN GAWRON
letters@metro.us

Time for another 'Bakesale'

Recently, Barlow was also called upon by Sub Pop to reissue Sebadoh's seminal release from 1994, "Bakesale." "I didn't think there was a necessity to reissue," notes Barlow. "It's probably all still readily available in bargain bins everywhere and sitting in piles in warehouses. I think it is a gesture made by people and labels to say that you made an important record and you should reissue it."

The band starts their American tour this week and is recording again. "We just did a digital EP that came out a few weeks ago," notes Barlow. "And we have 15 more songs in various stages of completion."

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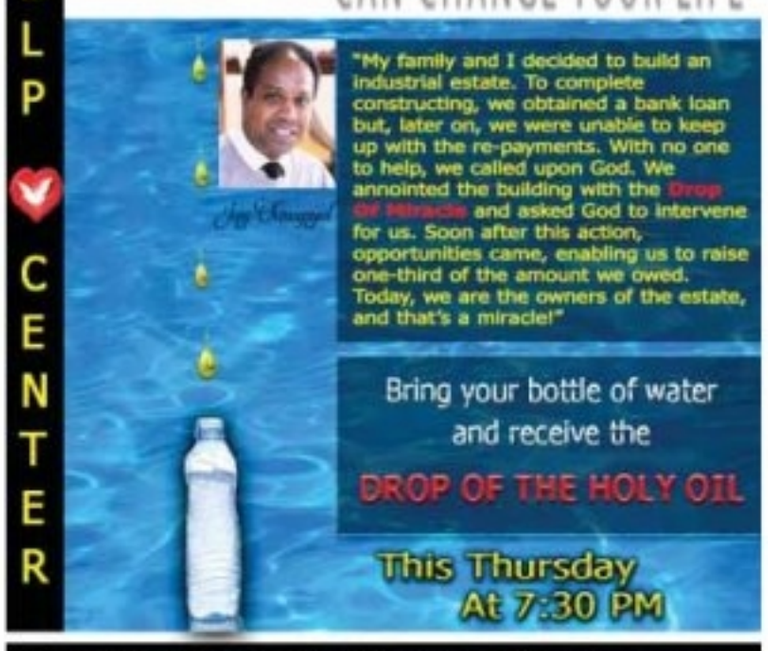
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THE QUICKEST FINGERS IN ALL OF THE LAND

Last year's fastest texter in the country will get a run for his money
Queens-born Kent Augustine has some stiff competition today, too

Kent Augustine may seem like your everyday, ordinary teenager. Originally from Queens, he is the senior class president at his high school, runs track and field events and enjoys amateur photography. At the age of 16, he also happens to be a finalist in the sixth annual National Texting Competition, competing for a grand prize of $50,000.

Texting since he was 13, Augustine first learned about the competition by watching a commercial on MTV.

"I stumbled upon this game about three years ago. Back then, they had it on MTV where during a commercial break, they'd have a quote on the screen where you'd text it to them, and that's how you'd get in, but I'd never really win," says Augustine.

The competition, which has been going on since 2007, is sponsored by LG. The company sent him the LG Optimus smart phone. Finalists get the same equipment so they can practice their techniques. Although he has the iPhone 4, Augustine admits that he is a faster texter on the LG due to its keyboard.

Augustine says he practices every night for about 30 minutes and sends about 100 text messages a day. He says his biggest competition is returning champion, 17-year-old Austin Wierschke from Rhinelander, Wis.

Augustine's texting may sometimes distract him from his chores (his parents have taken his phone away as a punishment in the past). But if he wins this competition, it could mean more than $50,000. It could mean the end to any future complaints from his folks about overusing his phone.

Kent Augustine will compete in the sixth annual National Texting Competition today at 2:30 p.m. in Times Square in New York City.

Testing his texting

Allowing us to test his texting speed for ourselves, we had Augustine send us a text of our choosing as we timed him.

In 20.1 seconds, we received a typo-free excerpt from Shakespeare's "Julius Caesar." ("Men at some time are masters of their fates: The fault, dear Brutus, is not in our stars, but in ourselves, that we are underlings.") Not too bad for someone whose best texting time is usually about 15 or 16 seconds.

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If you're headed on vacation for an added dose of happiness in your life, an on-location workout can help get you there.

"It's the perfect way to start or end your day and put your mind at ease and keep you moving toward your optimal health," says Christy Maskeroni, MS, RD, a nutritionist, trainer and yoga instructor at NYC's CLAY Health Club and Spa. "Whether it's 20, 30 or 60 minutes, you'll find more than just physical benefit."

While yes, vacation temptation exists in the form of all-you-can-eat buffets, poolside daiquiris and unlimited chips and guac, you can sneak in a good workout without even having to pack your sneakers (though you should, to get in some extra walking!). We asked Maskeroni to teach us some moves you can do in the comfort of your hotel.

ALL PHOTOS: MILES DIXON/METRO

Wake-up walk-outs

"This is a great dynamic total body warm-up to get your entire body and muscles ready for exercise," she says.

1 Stand up straight and stretch your arms up and over your head, making a big circle.

2 Once your arms are back at your side, in one fluid motion, bend knees until your hands reach the floor.

3 Walk your hands out into a full plank position. Here you should be in one straight line from heels to top of head, gaze slightly forward of the thumbs, wrists under shoulders, abs drawing gently towards the spine, legs active. Hold for one full inhale and exhale. For an added challenge, add a push-up at the end of the plank.

4 Begin to walk the hands back, bending the knees, and keeping the hips low.

5 Once the heels reach the ground, draw the abdominals in and come to stand. For added cardiovascular exercise, reach the arms over head.

6 Repeat 10 times.

Lateral leg lifts

1 Start in standing position, with your hands on your hips.

2 Lift your left leg out to the side about 30 degrees (or as high as you can keeping your hips even), keeping it straight.

Keep a slight bend in the standing leg, abdominals engaged, and the torso upright as you move.

3 Bring the leg back in (keep leg lifted) and repeat. Do 12-15 repetitions. Then, switch sides.

Step up, balance and lunge

"Use your hotel's staircase to tone your butt and thighs while also working your core."

1 Start by standing in front of the step. Place your right foot up on the stair and step up, bringing your left knee up to hip height for a balance.

2 Step your left foot down and step right foot back to a full lunge (both knees bent, front knee directly over the ankle, abdominals engaged, shoulders back).

3 Propel your back leg forward as you step back to the stair, into the high-knee position.

4 Repeat same side for 10-12 repetitions. Then, repeat on the other side for 10-12 repetitions.

MEREDITH ENGEL
meredith.engel@metro.us

Squat shuffle

1 Enter into a squat: Bend your legs, keeping your hips back, knees above your ankles, abdominals engaged, as if you were about to sit in a chair.

2 Step your right leg out slightly wider than shoulder distance. Then, bring left foot to meet right at hip distance, step the right foot out again, repeat 12-15 times. Repeat on the other side.

For each workout

Repeat each exercise one after the other. After all four exercises, rest 60 seconds and repeat 2-3 times.

Travel snacks

"Eating healthy is totally doable on the go," Maskeroni says. Here are her picks for portable bites:

- Whole fruits
- Individual packets of nut butters, perfect for smearing onto an apple or banana
- Trail mix: "Do all your favorite nut mixes and then unsweetened fruit if you like. Just make sure that they're unsweetened — it should say on the label."
- Granola bars: "Make sure that when you look on the ingredient label you recognize the ingredients on there. And make sure it has at least 8 grams of protein so it's gonna give you some sustaining energy." If it's a snack, the bar should be "around 200 calories."
- Single cups of oatmeal: Use the coffeemaker in your hotel room for hot water. "Do plain oatmeal and then have your trail mix to add sweetness and some protein with the nuts."
- Jerky: "It is a really great source of protein. Go for the organic."
- Protein powders: "There are some companies that make individual packets that you can throw in with milk or water and that's easy — it's a great high-protein quick meal, with a little bit of sweetness."

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Sitting on an airplane surrounded by coughing, sniffling and sneezing neighbors is unnerving indeed. Aerosolized droplets contain the viruses that spread colds, and a number of scientific studies have documented the presence of illness-causing bacteria and viruses on surfaces of airplane cabins and restrooms. These upper-respiratory infections and the gastrointestinal viruses that cause nausea, vomiting and diarrhea are easily transmitted from person to person. They can be inhaled or transmitted when you rub your eyes, nose or mouth after coming into contact with contaminated surfaces. Washing your hands frequently with soap and water, or using hand sanitizer, is the best way to avoid catching and transmitting these illnesses. Avoid shaking hands if possible. If you are particularly vigilant, wipe your tray tables, arm rests, seat console controls and overhead buttons with disinfectant towelettes, and ignore seat-back magazines and pamphlets. It may attract unwanted attention, but germophobes can wear a disposable surgical mask while on board. And in hotels, don't forget to wipe down the TV remote control.

Traveler's diarrhea also can be inconvenient, so if you go abroad, avoid eating raw food and vegetables, only drink or brush your teeth using bottled water and ask for no ice cubes in your drinks.

If you do get sick, bring a stash of your favorite over-the-counter cold, cough and flu remedies along in a first aid kit. As a last resort, ask your doctor for "just-in-case" prescriptions for antibiotics to cover respiratory illnesses and traveler's diarrhea, which may save the day if all else fails.

*— **Mark Melrose**, DO, is a board-certified emergency physician at Urgent Care Manhattan. E-mail him your questions at **askdrmark@metro.us**.*

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

The doctor will see you now

DR. MARK MELROSE

WWW.URGENTCAREMANHATTAN.COM

The question:

Every time I fly on an airplane, people all around me are coughing and sniffling. How can I avoid getting sick and ruining my vacation?

Health news

Always exhausted? What it could mean

Tiredness is part of our daily cycle. But if you're constantly exhausted, there could be something amiss.

"If you take a nap or get a good night's sleep and feel ready to go, then [fatigue] isn't anything to worry about," says Dr. Kent Holtorf, who specializes in fibromyalgia and fatigue at the Holtorf Medical Group, which has offices in Philadelphia. "Or if you exercise and feel better, then you're healthy. If you exercise and feel worse, then you should think [about] chronic fatigue syndrome."

Unrestful sleep, muscle aches, cognitive dysfunction and depression are all symptoms of CFS.

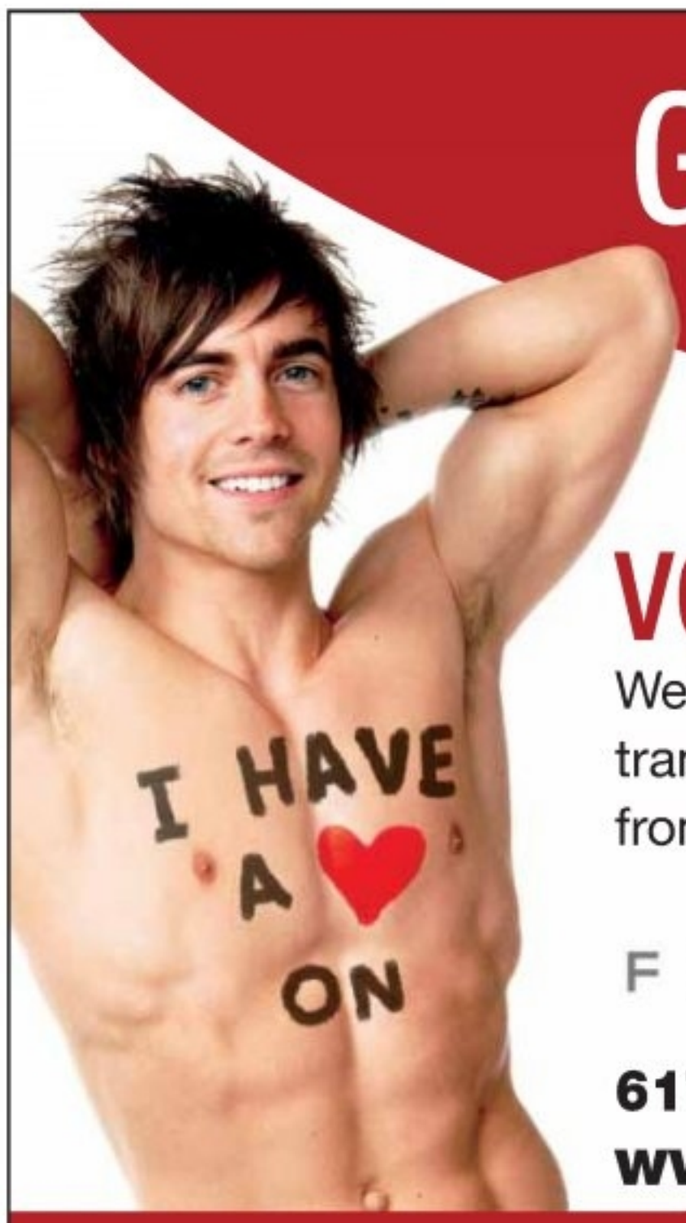
"Chronic fatigue syndrome is a bad term — it doesn't tell you anything," Dr. Holtorf adds. "The causes are hard to determine and therefore hard to treat. It could be a low immune system causing multiple infections. Most people get infected by Epstein-Barr, but fight it off. Most people are exposed to viruses, but most suppress it. People with low immunology don't."

Dr. Holtorf says that certain people are more susceptible to CFS than others. "It's usually a Type A personality," he says. "They don't rest and the body is overwhelmed."

RON CHAPPLE STUDIOS

▶ It's time to talk to a doctor about fatigue.

● LINDA CLARKE



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Letters

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Coverage of Sikh temple killings found wanting

I'm very disappointed at some media coverage of the shooting at Wisconsin Sikh temple as an act of "mistaken identity." The implication that those cowardly murders of innocent lives were chiefly mistaking turban-wearing Sikhs for Muslims on the part of the perpetrator seems to me, as a humanist, utterly deplorable. Bin Laden, Jared Loughner, the suspect James Holmes and Anders Breivik — none of them committed the murders "mistakenly." They were rather premeditated and well-planned. To avert such terror in the future, the news media could help by more in-depth analysis of the topic, in contrast to superficial leveling such as the "mistaken identity."

JAHED AHMED, VIA E-MAIL

I've noticed a surprisingly low level of coverage concerning Sunday's attack on the Sikh temple in Wisconsin, and to date no letters on it appearing on this page. I sincerely hope this is because people are engaged in some serious contemplation about our society's gun fetish, and not simply because the victims were non-Caucasian and non-Christian, and thus not worth the time.

JOSEPH CONNELL, VIA E-MAIL

Utopia lyrics had the answer all along

I am appalled and greatly sadden over the latest shooting and massacre of innocent Sikhs in Wisconsin — and in their house of worship. Is no place sacred? My heartfelt prayers go out to the peaceful Sikh people and their families that have lost so much. As a nation, we can never be truely free if we continue hating those of different cultures. We are all brothers and sisters of the human race and were created by God to love one another. Remember this too: Hate is created in the home, and parents ought to teach their children to respect all people. Love is the answer.

FREDERICK R. BEDELL JR., VIA E-MAIL

Mets (fans just) can't catch (a break)

A recent article said a NYC cop who refused to leave a seat that was not his was banned from Citi Field. Meaning he can't "enjoy" a Mets game until 2013. What crime did the rest of Met fans commit to deserve the same punishment?

ROBERT LA ROSA, WHITESTONE N.Y.

At least that means he's good at limbo?

With our current president running the country, the bar has been set so low that anyone that will do a better job than Obama.

Wake up, this guy will go down in history as being the least qualified and worst president this country has ever seen.

JOHN MURPHY, VIA -EMAIL

Romney might share trait with Tin Man

I would like to know what charities and or nonprofits Mr. Romney has supported for the past decade. This may point to where his heart is, as his head appears to be focused on his campaign. Does Mr. Romney give back?

ANDREA OWENS, VIA E-MAIL

E-mail your letters: **letters@metro.us**

Keep them as brief as possible, preferably under 100 words.
Metro reserves the right to edit all letters.
Please include your name and contact information.

Horoscope

♌ Leo **July 23-Aug. 22.** Do not deviate from or alter an ambitious objective if you feel it is well thought out and worthy of your efforts. With a good attitude, victory is much more plausible than you know.

♍ Virgo **Aug. 23-Sept. 22.** There is a strong chance that you'll get an opportunity to vindicate yourself to a person you unwittingly offended in the past. When you see the opening, make your move.

♎ Libra **Sept. 23-Oct. 23.** You're likely to be much better at managing the affairs of another than you'll be at handling your own. This is especially true if your problem is of a financial nature.

♏ Scorpio **Oct. 24-Nov. 22.** Certain people with whom you'll be involved could be extremely helpful in providing some beneficial information. It might even cause you to reverse one of your positions.

♐ Sagittarius **Nov. 23-Dec. 21.** A condition that has been adversely affecting your career and/or finances is about to take a turn that will allow you to finally make a very advantageous adjustment.

♑ Capricorn **Dec. 22-Jan. 19.** Knowledge and experience can be your best allies. If you are stymied by something, unlock a door to the past and search for a similar situation to guide you.

♒ Aquarius **Jan. 20-Feb. 19.** Sitting down with a good friend whom you trust would be an extremely beneficial thing to do. Valuable ideas could be garnered from a frank discussion.

♓ Pisces **Feb. 20-March 20.** Gossip you've heard concerning a good friend will be either verified or disproved through conversations with others. Fortunately, you'll know the truth when you hear it.

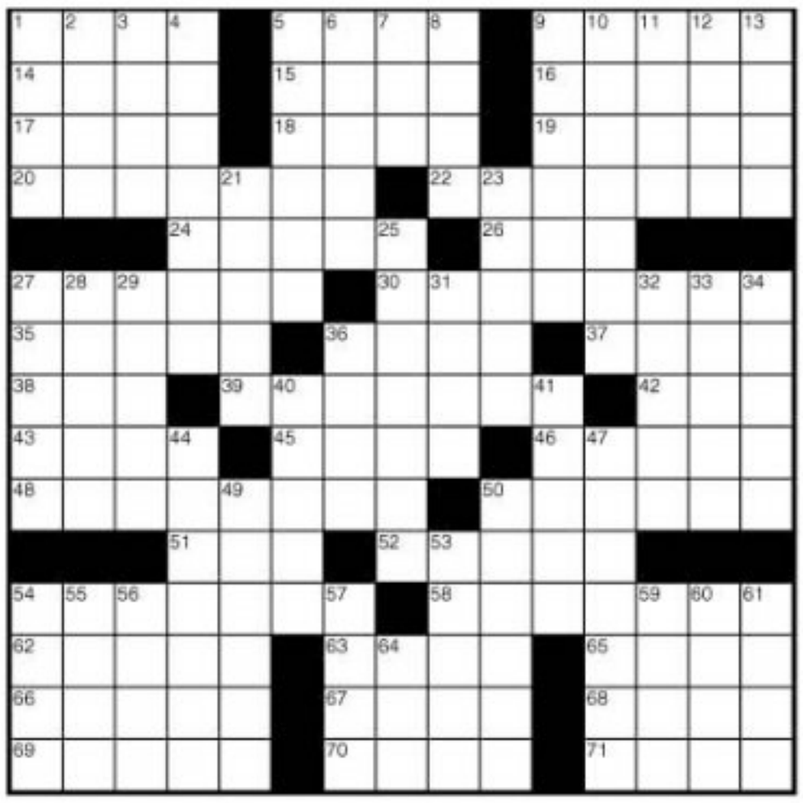
♈ Aries **March 21-April 19.** While you're in the mood, reorganize your affairs in ways that will make it easier for you to overcome certain obstacles that have been problems for far too long.

♉ Taurus **April 20-May 20.** The secret to success is already interwoven within your philosophy of life — when you want the best for others and yourself, you'll come out ahead.

♊ Gemini **May 21-June 20.** By monitoring events, you should quickly learn that something you've long wanted to change could be facilitated through a third party. Do it.

♋ Cancer **June 21-July 22.** In a situation regarding which both you and your mate share the same hopes and desires, success could be probable. Pull together until you achieve exactly what you want.

BERNICE BEDE OSOL



Across
1 Sheik's cartel
5 Future fries
9 Our, in Tours
14 Game played on horseback
15 Atlas abbr.
16 Sighed with delight
17 V __ __ victory
18 D'Artagnan prop
19 "Goodnight" girl
20 Bowling groups
22 Large vessel
24 Meat-stock jelly
26 Co. honcho
27 Private eye
30 Unyielding (hyph.)
35 Supply the banquet
36 Nota __
37 Severe hairdo
38 Turkish official
39 Assumption
42 __ de cologne
43 Red on the inside
45 Elec. or gas
46 Kudu cousin
48 Tex-Mex beans
50 End of a threat (2 wds.)
51 Hot time in Quebec
52 Unspoken
54 Roy G. Biv displays
58 Convention
62 Flavor
63 Donahue or Collins
65 Europe-Asia range
66 Make a sound
67 Fast-food order (2 wds.)
68 Geographic feature
69 Forms droplets
70 Bench or hassock
71 Latin I verb

Down
1 Libra's stone
2 Raise, as a question
3 Charles Lamb
4 Grift, e.g. (2 wds.)
5 Makes tea
6 Soft drink brand
7 "Where Eagles Dare" actress
8 Remnant
9 Put up boards
10 Rowboat part
11 Quaker pronoun
12 Gambler's town
13 Early garden?
21 Grab the throne
23 Farm sizes
25 British pharmacist
27 Wolf down
28 Snert's master
29 Video-game pioneer
31 Indigo plant
32 Tatum or Ryan
33 Speckled horses
34 Chopin piece
36 __ noire
40 Monarch or yardstick
41 Spine-tingling
44 Kicked out of a game
47 Salad green
49 Abalone eaters
50 Nocturnal wildcat
53 Pablo's girlfriend
54 Injure a toe
55 An hors d'oeuvre
56 Como __ usted?
57 Two-BR units
59 Some nest eggs
60 Enjoys a siesta
61 Winner's feeling
64 Ground breaker

						5	3	9
9		3						1
5		1	3			4	8	
	8	7	6					
		4		9		1		
					3	7	5	
	9	8			7	3		6
1						2		5
7	2	5						

SUDOKU **LEVEL: EASY**

3			5		4	6	8	9
9		1					5	7
			9			2		
					6		1	
		8		9		5		
	3		1					
		4			5			
2	6					9		5
7	1	5	4		9			6

SUDOKU **LEVEL: HARD**

Solution to Tuesday's crossword

C	A	S	H	■	M	I	F	F	■	C	A	C	T	I
O	B	O	E	■	O	V	A	L	■	A	C	O	R	N
V	A	L	E	N	T	I	N	O	■	T	I	L	E	D
E	S	A	■	O	L	E	S	■	C	A	D	D	Y	■
T	H	R	O	N	E	S	■	B	A	L	I	■	■	■
■	■	■	R	O	Y	■	M	O	N	O	C	L	E	■
L	U	B	E	S	■	E	Y	I	N	G	■	U	N	D
E	R	A	S	■	M	A	N	L	Y	■	A	L	D	A
I	L	K	■	L	I	R	A	S	■	C	R	U	S	H
■	S	E	V	E	N	T	H	■	C	E	E	■	■	■
■	■	■	I	N	C	H	■	P	U	L	S	A	T	E
■	B	A	S	I	E	■	L	A	C	E	■	G	I	N
E	L	I	T	E	■	J	U	N	K	B	O	N	D	S
S	U	D	A	N	■	A	R	G	O	■	B	E	A	U
C	R	E	S	T	■	B	E	S	O	■	I	S	L	E

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.
You solve the puzzle with reasoning and logic.

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CHRISTOPHE SIMON/AFP/GETTY IMAGES

A day at the Beach

If Misty May-Treanor and Kerri Walsh-Jennings are going to win an unprecedented third straight gold medal in beach volleyball, they are going to have to defeat America.

Just hours after May-Treanor and Walsh-Jennings defeated the favored Chinese pair of Xue Chen and Zhang Xi, they were joined in the gold medal final by the other American duo of April Ross and Jen Kessy.

Ross and Kessy battled the No. 1 seed and defending world champion Brazilians Juliana and Larissa at Horse Guards Parade in a cold, driving rain. The Americans spent each timeout with their feet in buckets of warm water to keep them from going numb.

May-Treanor and Walsh-Jennings captured the nation's attention in 2004 when they won gold in Athens. They dominated the sport for the next four years and won again in Beijing.

But over the past four years, the duo went their separate ways as Walsh was married and had children in May 2009 and May 2010 and May-Treanor partnered with Nicole Branagh. In the interim, the Chinese and Brazilians dominated the sport.

A year before the London Olympics, the duo got back together for one last go at Olympic gold, and after yesterday's win, they will have that chance.

"We want to seal the deal that we're the best team that's ever happened," Walsh-Jennings told reporters after the match. "Misty has changed my life. I just love her. I want to win tomorrow for us."

Ross and Kessy, meanwhile, were making their Olympic debuts and as the No. 4 seed weren't necessarily expected to figure in the medals.

"I had a picture in my head at the beginning of the season of how I wanted us to play, and we're living that picture," Walsh-Jennings said.

MARK OSBORNE
mark.osborne@metro.us

13-8

The score by which May-Treanor and Walsh-Jennings trailed in the first set at the first technical timeout.

ON TV TOMORROW

May/Walsh vs. Ross/Kessy
4 p.m. (Live), 8 p.m. NBC

Tune in

Three events to catch today:

- The men's decathlon begins today and American Ashton Eaton is the favorite. He set the world record in June at the U.S. Olympic trials. The first five events are today, including the 100m and long jump, two of Eaton's best events.
- The women's 200m final is today at 4 p.m. EST and it has a very similar feel to the 100m. Five of the eight runners are the same including 100m champ Shelly-Ann Fraser-Pryce and the favorite, American Allyson Felix.
- Elimination rounds begin in men's basketball with the United States facing Australia at 5:15 p.m. EST. The U.S. looked shaky against Lithuania but rebounded nicely to beat Argentina. The Aussies feature NBA player and St. Mary's legend Patty Mills.

MARK OSBORNE

PHOTOS: GETTY IMAGES

The games in pictures

1. U.S. women's water polo coach **Adam Krikorian**'s ill-timed timeout didn't keep his team from winning in extra time.
2. **Epke Zonderland** of the Netherlands flipped his way to gold in the men's high bar competition.
3. Weightlifter **Mathias Steiner** was miraculously uninjured after dropping 432 pounds on his neck.
4. Aussie **Sally Pearson** edged out three Americans to win gold in the 100m hurdles.
5. **Alistair Brownlee** won gold in the men's triathlon and made it a family affair when his brother, Jon, took home the bronze.

Medal count

	G	S	B
1. CHINA	34	21	18
2. UNITED STATES	30	19	21
3. GREAT BRITAIN	22	13	13
4. RUSSIA	10	18	20
5. JAPAN	2	13	14
6. FRANCE	8	9	11
7. GERMANY	6	14	7
8. AUSTRALIA	4	12	9
9. SOUTH KOREA	12	5	6

10. ITALY	7	6	4

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An emotional rollercoaster

Things went from doom and gloom to exuberance for Raisman Earns spot in history with floor gold

There were several moments yesterday afternoon in London where it looked like Aug. 7, 2012 would go down as one of the more crushing days in the life of Needham's Aly Raisman.

Just a few days removed from missing out on her first individual medal due to a little-known tie-breaker rule in the all-around, it looked like Raisman was about to get her heart broken again, this time due to questionable scores by the judges in the beam final. Her initial score was 14.946, but coach Mihai Brestyan filed an appeal. The new, higher score was soon-after announced and the crowd went wild. Who knows, maybe the rush from the controversy propelled her to gold a little over an hour later? In over two weeks of Olympic games, yesterday will be known as Raisman's day. Mark it down: Aug. 7, 2012.

RONALD MARTINEZ/GETTY IMAGES

▶ Aly Raisman was all smiles on the podium yesterday.

2 Boston's last Olympic sweetheart, Nancy Kerrigan, brought home two medals in her career but never captured the gold in figure skating.

MATT BURKE
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BOSTON MEDICAL

The day Aly ruled the world

PHOTOS: GETTY IMAGES

▶ Aly Raisman was nearly perfect in her gold medal winning floor routine yesterday in London.

Raisman soared to a bronze medal on the beam.

Raisman simply the best on floor

Aly Raisman's Olympic dream reached its pinnacle yesterday as she captured gold in the floor exercises after earning a bronze in the beam just an hour earlier. Needham's own became the first woman to capture the gold on the individual floor in U.S. history. Raisman will now bring home three medals, as she also earned team gold last week.

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3 BR	$1,344	3-6	1	$46,080

Max. Income per Household (HH)

HH size	30% of AMI	50% of AMI	60% of AMI
1	$20,550	$34,250	$41,100
2	$23,500	$39,150	$46,980
3	$26,450	$44,050	$52,860
4	$29,350	$48,900	$58,680
5	$31,700	$52,850	$63,420
6	$34,050	$56,750	$68,100

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Max. Income = 30%, 50% of AMI

Type	HH size	# of Apts.
1 BR	1-2	1
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3 BR	4-6	3

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* Eligible households pay 30% of their income toward rent *** Heat and hot water included ** AMI = Area Median Income
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Bright natural light is a great plus for this kitchen.

▶ Dinner is served with angels watching over you. Angels are not included. The chandelier, however, is included!

ALAN MYERS/BOSTON IMAGE MAKER

Somerville dwelling from 1895 has won more than one Historic Preservation award This property once belonged to a mysterious man

When it comes to antique homes, architecture is the initial striking element of attraction. That's certainly true of the beautiful blue house near the corner of Central and Summer streets in Somerville. This lovingly preserved turn-of-the-century Queen Anne home is on both the National Register of Historic Places and was the winner of a Somerville Historic Preservation Award both in 1998 and 2011.

But then, there's history, too. Who lived there? This house is known as the Edward Crane House, begging the question that even the supposedly mighty Google can't answer: Who was Edward Crane?

"I Google[d] him and still did not find anything," says listing agent Patricia Ng.

Ed Crane, man of mystery?

"Its primary significance is architectural, having been designed by prominent architects Loring and Phipps. I note that no research was done about the owners or inhabitants of the house at the time it was submitted," says Kristenna P. Chase, Preservation Planner for Somerville's Historic Preservation Commission.

An electronic version of the original Massachusetts Historical Commission survey document, dating from the 1980s, lists the house as built in 1895, with no alterations, and designed by George F. Loring. But the Historical Significance section of the MHC survey, which is where the role owners played in local or state history would become clear, is blank. Boston's most famous Edward Crane was MLB player Cannonball Crane, but he died two years before the house was built. Old City of Somerville records note the owner as Mrs. Alice Crane, widow of Wesley C. Crane who established the Crane & Woods Insurance Company in 1868, who lived there with her son Henry.

As for Edward, he's lost in history.

▶ The exterior

LINDA LABAN
linda.laban@metro.us

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STARTING AT THE BEGINNING

By Attorney
George Warshaw

I received an email from a reader asking:

"If I want to buy a house what is the proper place to look for information and also a good price?"

Whether you're a beginner or an experienced buyer, the place to start is with a mortgage lender, unless you're lucky enough not to need one.

Almost every seller wants to know if you have been "pre-approved" for a loan; in other words, that a bank has checked out your income and credit and all that is needed to give you a loan is an appraisal of the property, verification of the information provided and a few routine details.

The pre-approval letter will list a loan amount that you qualify for based on your income and credit.

With that in hand, choose the area where you want to live and start shopping online for properties that that fit your price range – but avoid registering online with a broker if you can (you may get more solicitations than you can handle). You can usually get property details elsewhere if you search around.

Ultimately, you'll want to find a good buyer's broker who works in that location. Ask your lender, your lawyer or others for a recommendation.

More next week © 2012 George Warshaw.

GWA

George Warshaw is a real estate attorney and author. He represents buyers and sellers of homes and condos in Massachusetts, and prepares wills, trusts, and estate plans. George welcomes new clients and questions at metro@warshawlaw.com.

at home with metro

TAKE A STAY-CATION

Need a getaway but can't afford an island retreat right now? (Hey, that fall coat is calling!) Blanche Garcia, interior designer and star of the Travel Channel's 'Hotel Impossible,' has a simple alternative to booking a flight: Turn your apartment into a summer stay-cation Here's how

POLKA DOT

▶ "Make sure that pillows are nice and plush," says Garcia. "These are all things that make you feel very comfortable."

Start with the bed for the best R&R

"The bed is really important when you want to feel like you're in a hotel," says Garcia. The first step: Upgrade to hotel-quality sheets. "All the sheets should have at least 500-800 thread count," she says. Also, stay in a neutral color palette.

"Whites on whites, creams on creams. You never go to a really nice resort and they have all different pattern sheets. White and crisp is always best." Another key trick, she says, is to layer your bed. "Make sure you have a duvet insert or a coverlet on top of the sheets."

JOANIE FERGUSON
letters@metro.us

Edit your stressful junk

If you want to feel like you're somewhere far from your reality, eliminate your usual clutter, says Garcia. "When you're at home, you don't notice all the papers piling up because you're used to seeing them every day — but if you just ran in and put those things away, got really colorful pillows and popped in your iPod, you would feel like you're not in your space."

EYECANDY IMAGES

▶ Next step: Light some candles.

Don't skip the spa appointment

"In the bathroom, candles are really important for ambiance," stresses Garcia. She also suggests stocking up on accoutrements for a bubble bath. "Normally people take a shower because everyone is in a rush, but when you're going to lounge you want to make sure that you're taking bubble baths. They make you feel way more relaxed."

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▶ Not in the Amalfi Coast? Eat like you are.

CREATAS

Bring your dream vacation to your home

"If you're going to stay home for the week but you really want to be in, say, Italy or Jamaica, plan it so for that week, everything that you're cooking is from that country," says Garcia. "If you want to be in Italy, make sure to play all Italian music."

Remember scents

Add drawer sheets within the drawers of the dresser with relaxing scents like lavender, says Garcia. "Or if you want to feel beach-y, use an ocean scent."

Feng shui away

Your outdoor space can use a makeover, too. "I like mini fountains; they're pretty and bring in the water element," says Garcia. For the fire element, she likes a fire pit.

Welcome!

Garcia's tips for setting up a guest room:

1. Keep a basket in the room with notepaper, a sewing kit, magazines, incidentals, eye masks, slippers and earplugs for their comfort.
2. Keep layers of sheets, a duvet and a throw so they have options.
3. Place an inexpensive dimmer on the bedside lamp so your guests can adjust as they see fit.

The Boston Home Center

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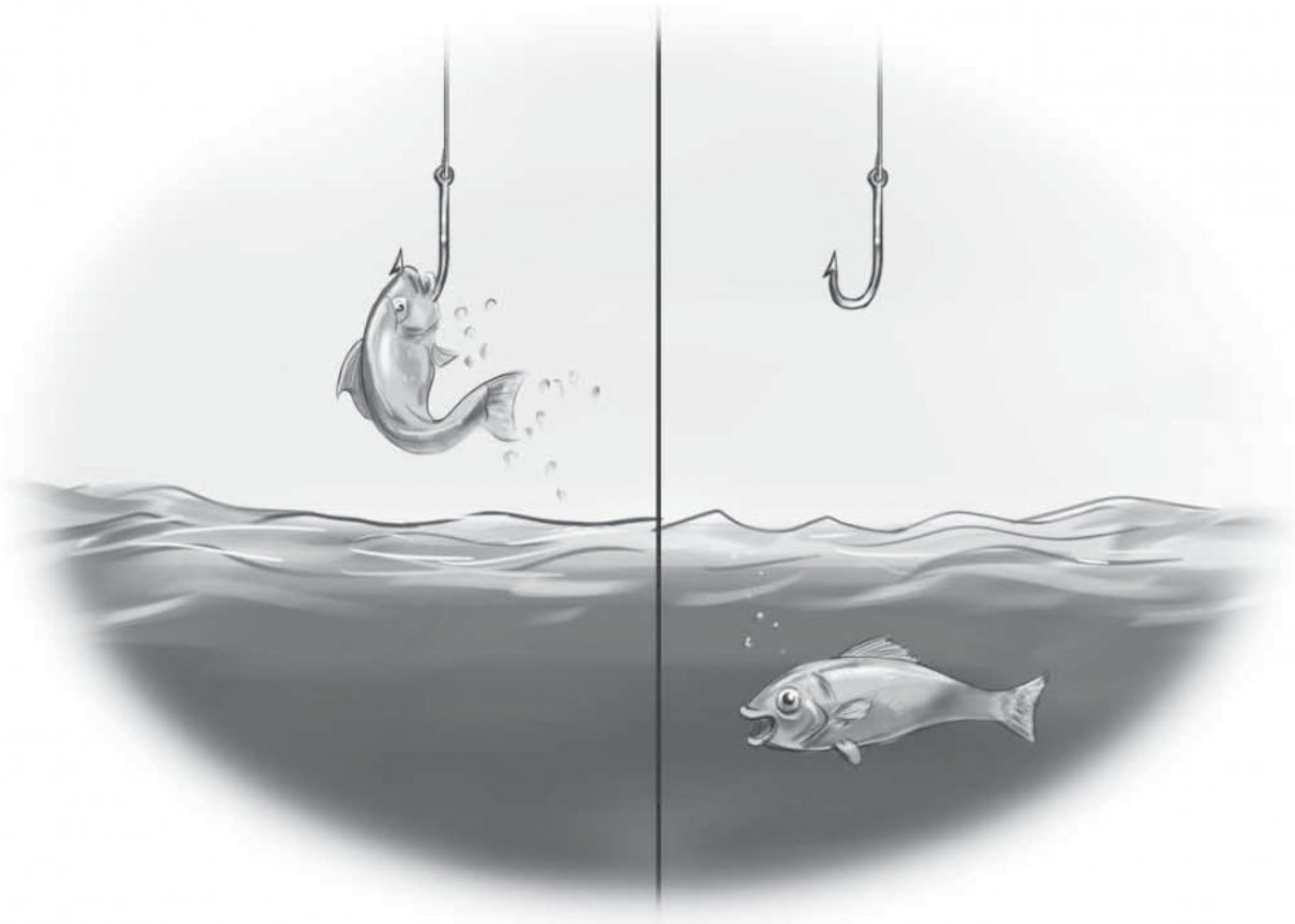

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